



Office of School Nutrition Programs Triennial Assessment Template

According to the Final Rule of the Local School Wellness Policy implemented under the Healthy, Hunger-Free Kids Act of 2010, an assessment of the Wellness Policy must be conducted at least once every three years. The first Triennial Assessment must be completed and made available to the public on or before June 30, 2020.

Divisions may use a variety of methods to assess compliance and determine progress of the goals and objectives defined in their Wellness Policy. Documents that contain timelines, goals, and key tasks may assist you in assessing changes and recognizing improvements over time. Here are recommended tools to use at the school level for assessing Wellness Policy implementation:

- VDOE School Level Report Card (available on SNPWeb, under *Download Forms*)
- Action for Healthy Kids' School Health Index
- WellSAT:3.0 – Wellness School Assessment Tool
- Alliance for a Healthier Generation – Assessment Guide

The VDOE Triennial Assessment Worksheet (available on SNPWeb, under *Download Forms*) is a useful tool to organize your notes before starting this template to ensure that your Triennial Assessment determines:

- Compliance with the Wellness Policy,
- How the Wellness Policy compares to model wellness policies, and
- Progress made in attaining the goals of the Wellness Policy.

Once you have your School Level Reports, you may use the template included in the following pages to create your Triennial Assessment. As mentioned above, the results of the Triennial Assessment must be made available to the public on or before June 30, 2020.

Once your Triennial Assessment is complete, you can revamp your Wellness Policy based on the results of the goals and guidelines defined in your Triennial Assessment. Additional areas you may consider adding to your Wellness Policy may include Alternate Breakfast Models, Farm to School Activities, healthy hydration behaviors and active transportation.

The content formatted in bold and italics throughout this document is instructional and should not be included in the SFA's Triennial Assessment. All content within [brackets] should be modified, as needed, according to each SFA's unique practices and needs.

Amelia County Public Schools

Wellness Policy

2017-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, **Amelia County Public Schools** presents the 2017-2020 Triennial Assessment which includes the timeframe from **2019-2021**. The Triennial Assessment indicates updates on the progress and implementation of **Amelia County Public School's** Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are: **Amelia County Elementary School, Amelia County Middle School, and Amelia County High School.**

Wellness Policy

The **Amelia County Public School's** Wellness Policy can be found at <https://go.boarddocs.com/vsba/amelia/Board.nsf/Public>. **Amelia County Public Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through <http://www.amelia.k12.va.us/>.

School Wellness Committee

Amelia County Public Schools established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least **quarterly** for periodic review and update of the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators. Amelia County Public Schools talks to administrators about the wellness policy and committee. Administrators recommend community members to participate in the wellness committee.

Wellness Policy Compliance

Amelia County Public Schools must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

Amelia County Public schools meets all of the standards for the wellness policy. We work tirelessly to ensure that all children have equitable access to free meals, the appropriate amount of physical activity, and access to nutrition education.

Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question IV on VDOE School Level Report Card)**

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | ✓ | |
| We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines. | ✓ | |
| We follow Amelia County Public School's policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i> | ✓ | |

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question V on VDOE School Level Report Card)**

| Standard/Guideline | Met | Not Met |
|--|-----|---------|
| We follow Amelia County Public School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy.</i> | ✓ | |

**Policy for Food and Beverage Marketing
 (Question VI on VDOE School Level Report Card)**

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| All food and beverage marketing meets Smart Snacks standards. | ✓ | |

Description of Public Involvement

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| Amelia County Public Schools permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators. | ✓ | |

Description of Public Updates

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy. | ✓ | |
| The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020. | ✓ | |

Description of Policy Leadership

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| Amelia County Public Schools established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy. | ✓ | |

Description of Evaluation Plan

| Standard/Guideline | Met | Not Met |
|---|----------|---------|
| <p>The local wellness committee meets quarterly to review the wellness policy and to discuss any challenges and strengths Amelia County Public Schools may have in meeting the goals outlined in the policy. Amelia County Public Schools has school administrators complete a school level report card to ensure compliance with the policy and to set goals.</p> | <p>✓</p> | |

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule.

Amelia County Public School's wellness policy supports the culture of health within our school community by creating environments and establishing policies that make it easy for students and staff to make health choices with both nutrition and activity.

Progress towards Goals

Amelia County Public Schools made progress in meeting goals by adding additional activity time into the school day through extra recess and increased classroom activities at Amelia County Elementary School. ACPS also observed student lunches to ensure that students received adequate time to eat their meals. In SY20/21, ACPS switched over to be a CEP school division ensuring that all students were able to eat at school in a non-stigmatizing way by giving all children free meals regardless of age, race, gender, and social-economic status.

**Progress towards Nutrition Promotion and Education Goals
 (Question I on VDOE School Level Report Card)**

| Description | Met | Not Met |
|--|----------|---------|
| <p>Students receive nutrition education that teaches skills they need to adopt and maintain healthy eating behaviors. This is done in gym and health classes at each of our schools in Amelia County Public Schools. Teachers have curriculum in place to ensure students have access to nutrition education.</p> | <p>✓</p> | |

**Progress towards Physical Activity Goals
 (Question II on VDOE School Level Report Card)**

| Description | Met | Not Met |
|---|----------|---------|
| <p>Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate. In Amelia County Elementary School, all students participate in gym (every 4 days) and have two recesses each day. Students in ACES are also encouraged to move during the day and take little breaks to stretch their legs. Students at both Amelia County Middle School and Amelia County High School participate in gym and are also encouraged to get up and move when possible.</p> | <p>✓</p> | |

**Progress towards other School-Based Wellness Activity Goals
 (Question III on VDOE School Level Report Card)**

| Description | Met | Not Met |
|---|----------|---------|
| <p>All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. Amelia County Public Schools is a CEP school division and has operated the Summer Feeding Program. All children in Amelia County Public Schools receive free meals regardless of age, gender, race, or social-economic status.</p> | <p>✓</p> | |